

# Health & Wellbeing

## Face-to-Face Workshops

All also have Virtual Options

**Values-based Vision: *Leveraging wisdom to make the world a better place.***

Whether that involves your leadership ability or the collective genius of your team – we'll partner to unleash hidden potential.

We focus on helping clients achieve positive, measurable behavioural & cultural change – encouraging you to exceed expectations, lead with integrity & fun!

Role-modelling self-care & supporting others in their quest for H&W has never been so important.

V5-2020

### Technical Excellence & Client Care

*( 'Getting it Right' & 'Doing it Nicely' )*

We provide high quality services with bespoke programs, designed by experts, who are passionate about making a difference. We only use evidence-based tools & proven methodologies that include robust metrics to demonstrate RoI.

Our ability to tease out a deep understanding of client needs enables us to tailor programs that will exceed your expectations.

### Synergy Global Services

- ◆ Effectiveness Consulting (Teams & Whole Orgs)
- ◆ Change Facilitation (Including H&W)
- ◆ Executive Coaching (Individual & Team)



**SYNERGY GLOBAL**  
change leadership & effectiveness

### Our Philosophy

- ◆ *People support what they help create*
- ◆ *Credible processes yield credible results*
- ◆ *You can't do things differently, until you see things differently*
- ◆ *Nothing changes unless behaviour changes*



**Synergy Global** understands the need to focus on H&W. Not only the wellbeing of you as a leader, but also the wellbeing of your team & the whole organisation. Providing a holistic approach to all of our programs.



**H&W Services:** We have a full range of face-to-face workshops which cover a variety of diverse topics for individuals & teams.

**They are evidence-based** - using leading edge neuroscience & contemporary wellbeing methodologies, with references.

**Each Workshop** is a fun interactive experience designed to engage & empower participants - transferring a range of expertise.

**All workshops are bespoke to your organisation's needs**

To discuss how best to leverage your own team's wisdom & wellness, please contact Heather-Jane Gray +61 (0) 439 066 067  
[heather-jane@synergy-global.com](mailto:heather-jane@synergy-global.com)

For more information on the individual workshops please contact Helen Storr +61 (0)400 972 273  
[helen@synergy-global.com](mailto:helen@synergy-global.com)

[www.synergy-global.com](http://www.synergy-global.com)



## Face to Face Workshops

<b>Picture Your World</b> 1 Day Workshop (8hrs) Experiential	Immerse yourself in a self-care opportunity. A variety of modalities exploring how to make clear connections with our head, heart & gut, plus much more!	<b>\$300pp</b> (min of 8)
<b>Living with Clarity, Agility &amp; Wisdom</b> 1 Day Workshop (8hrs)	Learn how to access your whole body with curiosity to enable you to reduce stress, relieve anxiety & learn mindfulness through the lens of Multiple Brain integration Technique (mBIT or "mbraining")	<b>\$300pp</b> (min of 8)
<b>Leading Your Team's Wellbeing in Changing Times</b> ½ Day Workshop (4hrs)	How can we lead when we don't know what is happening to ourselves? Develop self-care strategies to enable you to support your team more effectively.	<b>\$150pp</b> (min of 8)
<b>Stress Management to Improve Performance</b> ½ Day Workshop (4hrs)	Identify individual stressors & strategies to deal with them for H&W. Plus creative-problem-solving for achieving work-life balance.	<b>\$300pp</b> (min of 6)
<b>Freedom from Anxiety Foundations</b> 1 Day Workshop (8hrs) 2 wks online \$400pp	Educates individuals to understand & work with their own stress & anxiety. It includes the physiology of anxiety, nutrition & how to eat to manage stress & anxiety as well as teaches 4 physical techniques that can be used to immediately reduce stress.	<b>\$500pp</b> (min of 6)
<b>Freedom from Anxiety Kickstarter</b> 1.5 Day Workshop (10hrs) 4wks online \$800	Excellent foundational knowledge & experiential learning to facilitate improved self-awareness for Health & Wellbeing around stress & anxiety. Covering mindfulness, cognitive behaviour techniques for reducing stress as well as lifestyle education around nutrition for managing anxiety.	<b>\$600pp</b> (min of 6)
<b>Freedom from Anxiety Formula Intensive</b> 8 x ½ day workshops (4 days) \$1000pp Min 10 people 8wks online program \$5,000	This comprehensive & ground-breaking online 8wk program or 4 day workshop, is an intensive education around recognising & treating stress & anxiety. This workshop series is a powerful way to access & change your responses to stress & teaches effective, lifelong tools to use in the workplace & in life.	<b>\$1000pp</b> (min of 10)
<b>Building Resilience through Emotional Intelligence (EQ)</b> 1 Day Workshop (8hrs)	This is an intro to the field of Emotional Intelligence (EQ) & Conversational Intelligence (C-IQ), with strategies to assist our own wellbeing & that of teams.	<b>\$300pp</b> (min of 8)
<b>Life is an Adventure</b> 1 Day Workshop (8hrs)	We all deserve to be happy – it's our right to be able to thrive in a world that brings joy into life. Whether it's a Covid-19 pandemic, or when life in general gets tough. This workshop shares practical tips you can use to help in a challenging world.	<b>\$300pp</b> (min of 8)

### Are You Interested in Our Programs?

There's just a small selection here & can be bespoke to your needs/wants so please ask.

For more info please contact Helen Storr +61 (0)400 972 273 or [helen@synergy-global.com](mailto:helen@synergy-global.com)

We'll briefly discuss the most appropriate program to suit your needs/wants & send you a tax invoice for ATO purposes (you can re-claim for Continuous Professional Development CPD). Payment only necessary when program is confirmed – by a simple bank account transaction + GST.